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Your Health

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HOW IS VITAMIN PRONOUNCED?

A.—Vi-ta-min, with the first i long as in kite and last i either long or short. Accent on the first syllable.

MODERN FOOD TERMS EXPLAINED

An old and very loyal friend of the column asks for a very simple statement of some of the fundamental facts about foods, including definitions of some of the terms used. It is true, he says, that most of the younger people know the meaning of these terms, because they are now covered in the grades in school. However, there are many who went to school before these subjects were taught in the grades, or they learned them once but have forgotten them since, and they want to know.

The carbohydrates are the starchy and sweet foods. The term means that they are composd principally of carbon and hydrogen in certain arrangements. The best known carbohydrate foods are breads, cereals and other foods made from grains, potatoes and some other root foods, and all the ordinary sugars and sweets. These foods are used by the body to make heat and energy.

Hydrocarbons, or fats. Some readers may have the term hydrocarbons in their memories as the scientific name for fats, for it was once used in that way. No longer so. We now speak of the edible oils and butters as fats and greases. The fats and oils are principally composed of carbon and hydrogen, but these elements are combined differently from the combination which makes starches and sweets. Among the more common fats are: Butter, meat fats, nut oils, olive oil, and other vegetable oils. These foods are burned by the body to make heat and energy.

Our friend was particularly anxious that proteins and proteids be made plain. These substances contain nitrogen as well as carbon, hydrogen, and other substances. They may also contain sulphur and other chemicals, but it is the nitrogen which makes them different from all other food elements. They make heat and energy just as other foods do, but they alone, of the big three, supply what is needed to build tissue as in growth and to repair the results of wear in cells. The better known protein, or proteid, or albuminous foods (for all three terms mean about the same) are lean meat and the white of egg.

The salts are the minerals which we must eat in order to replace those lost in the day's work. The best known of these are salt or chloride of soda, lime or calcium, phosphorus and iron. We speak of them as food substances to replace losses. They are not repair foods in the sense the albumins are.

The vitamins are newly discovered substances. They exist in very small quantities in foods. They are supposed to stir up things, in a measure, to act as ferments. But the truth is, we do not know just how they do act.

SCIENTIFIC REDUCING

"If magazine and newspaper articles and advertisements are any indication of the number of people in the United States today who are overweight, it must be admitted that of the mature population a vast number are in that condition. And, on the other hand, one has but to observe the people on the street to realize that a great many of them are too thin. Indeed, normalcy is the exception," states Doctor Theodore B. Appel, Secretary of Health.

"It goes without saying that if one has foolishly allowed himself to become too heavy, serious consideration should be given to the problem of regaining normal weight. But the difficulty in this connection is that many persons who realize the folly of their over indulgence, 'fall' for diet fads and harmful reduction methods.

"Entirely forgetting that perhaps years were involved in adding the excess weight, the average person who finally becomes convinced that something should be done about the matter develops an unreasonable impatience and therefore seeks a method that in a few weeks will remove the accumulation of many months.

"And indeed there is no doubt that semi-starvation of one type or another will do the trick, but such an imposition upon nature is exceedingly dangerous and most certainly should be avoided. 'Eighteen pounds in eighteen days' and similar seductive slogans sound very dramatic, but such drastic measures involve for most persons a real risk.

"No one should embark on a reduction program without first having obtained a physician's advice. But it is equally important that the man or woman who is underweight seeks medical advice. And the sooner the better. Barring disease, bad habits such as the excessive use of stimulants and improper food habits are usually at the bottom of this condition.

"It should be understood that whether fat or thin, everyone has a normal weight standard. To attain it through scientifically approved methods and then maintain it should mean added years of life—a worth while effort indeed."

The American women are not the only women in the world who are worried about increase in weight. Even in Scotland, where diets are generally recognized as economical, they have the obesity problem.

Drs. D. M. Dunlap and R. M. Murray Lyon of the Royal Infirmary in Edinburgh have just made available the result of their study of 523 cases of obesity among people in Scotland. They point out the fact, now generally well known, that superfluous fat is uncomfortable, and that long continued overweight may be associated with disturbances of circulation of the blood, disturbances of breathing, and disturbances of the ability of the person to get about.

The association of overweight with gallstones is well known, and there has come to be a proverb among the medical profession which asserts that the typical case of gallstones is a woman who is fair, fat and 40.

HUNTERS SHOULD BE HELD LIABLE

"Most hunting 'accidents' are not accidents at all, and to dismiss them as such is the worst blow that can possibly be dealt the sport of hunting," believes Seth Gordon, president of the American Game Association.

"Any man who takes a loaded gun, usually upon someone else's land, and handles it so carelessly that he kills or injures another person should certainly be held criminally liable," the association head declared. "The first duty of a hunter is to observe the rules of caution in handling a gun, and to fail in this is criminal negligence of the most inexcusable sort. The hunter who endangers lives is not a sportsmen, but a public nuisance, and can throw the entire sport into disrepute."

Mr. Gordon pointed out that just the other day one of four hunters of Seattle, Wash., bent upon killing a bear, fired at a rustling in some bushes and killed the owner of the farm. The hunter claimed he thought the farmer was a cub bear, and was dismissed.

"Several state game departments now provide penalties of their own for carelessness, by refusing to sell a license to hunters who have been convicted of careless shooting, for a specified number of years," Mr. Gordon said. "'Requiring a hunter to undergo an examination for mental and physical fitness before permitting him the privilege of hunting may be the next step. The idea has already been broached before State Legislatures, notably in New York."

Mr. Gordon declared that sportsmen themselves would do well to press charges against hunters whose 'accidental' shootings are the result of carelessness.

PHEASANT HENS LAY 111,911 EGGS

Complete reports compiled by the game commission show that 111,911 pheasant eggs were produced at the State game farms this year. Of that number 44,184 were shipped to sportsmen, 19,092 to game refuge keepers, and 27,700 were set at the farms. This is the largest egg production since the farms were established in 1928. This year a total of 2350 laying hens produced an average of forty-three eggs to a bird.

Reports from practically all the game refuge keepers indicate that they successfully raised and released approximately 4200 birds. Over 10,000 birds were produced and released from the game farms. These birds, together with 6500 purchased during the spring, or a total of over 20,000 was the largest allotment of pheasants ever released by the commission. Reports from sportsmen will be available later.

MENTAL CASES TOTAL 30,000

At least one-half of the approximately 800,000 hospital beds now in the United States are set aside for mentally ill patients, according to a recent statement of Dr. William C. Sandy. director of the bureau of mental health, State Department of Welfare.

In Pennsylvania alone, Dr. Sandy said, there are over 25,000 beds for mentally ill and some 5000 beds for mental defectives and epileptics and there is need for many more.

Dr. Sandy said that despite the seriousness of these figures they undoubtedly will increase until such a time as early discovery, treatment and training become universal and effective.

RABBITS SHOT ON RUN LESS APT TO BE SICK

Shoot your rabbits only on the run, is the advice being given hunters again this year for other reasons than that of sportsmanship, says a bulletin of the American Game Association. Rabbits shot on the run are not likely to be infected with tularemia, a disease which can b communicated to human beings through the hands. An additional precaution suggested against contraction of the disease is the use of gloves, preferably rubber ones, while cleaning rabbits. Cooking kills any germs that might be present.

200,000 U. S. SPEAKEASIES

There are at least 220,000 speakeasies in this country, and there may be twice that amount, according to an estimate made by Major Maurice Campbell, editor of Repeal, an anti-prohibition magazine. He estimates that in addition there are 50,000 or more peddling bootleggers. In the estimate based on a through-wide canvass, New York State leads all the others with 42,000 speakeasies, of which there are 36,000 in New York City alone. Pennsylvania is assigned 20,000 speakeasies, California 15,000, Illinois 40,000 and Massachusetts 10,000.

MANKIND NEVER ABLE TO CHANGE NATURE OF CAT

It seems that the house cat of today behaves in much the same manner as it did in the bygone ages. The animal's association with man has not changed its habits in one particular. It goes about in its own way and takes its own time and all efforts to make it take some part in the operations of the household have failed. The animal resents any interference with it coming and going. Miss A. S. Firkins, of Columbia University, has put the cat to an intelligence test. Seventy-eight cats were secured from a pet show and put through a series of tests. The first problem put before the cats was how to reach food placed inside an inclosure. Most of the cats solved this by stepping upon a plate which opened the way. The problems were then increased in difficulty, the hardest being one which required the cats to touch seven plates, one after the other, to get the food. Only two of the contestants were smart enough to do this. One of the conclusions arrived at was that male cats are smarter than the females.

Chinese history shows that the domestic cat thrived there for centuries before the coming of Christ; but during these hundreds of years the Chinese cats did not get any farther west than Persia. However, the Persians liked this kind of cat so well that they adopted it; as a result of which we now have the beautiful Persian cat which is such a favorite of cat lovers everywhere.

Most plausibly, the cat originated in Egypt. For many centuries before the Christian era the cat was being pictured in hieroglyphics on most of the monuments in the Nile valley. It is thought that the Egyptians domesticated the African wildcat, a very vicious little creature, in order that their granaries might be protected from mice. The cat must have performed some wonderful service, for the Egyptians gave it much attention.

They even erected temples in honor of the cat. If the family cat died, it was not buried in the back yard and forgotten, but its mummified form was placed in the vaults, even with the Pharoahs. All the members of an ancient Egyptian family would shave off their eyebrows as a sign of mourning for a departed cat. In one year alone 180,000 mummified cats were removed from vaults near Cairo by the Birtish authorities and distributed to museums all over the world.

It is thought that the Egyptian cats were brought to Europe by Phoenicians, traders probably, where their value was soon recognized by farmers. Until some more plausible explanation is given, the Egyptians must be given credit for domesticating the African wildcats. They have left indelible "cat history" on their obelisks and various other monuments of four or five thousand years ago; while the record of the Chinese cat is made largely from legend.

SHOW-WINDOW IS LATEST FEATURE

The public, long advised against "buying a pig in a poke" can now disregard that bit of warning; that is, if the poke happens to be one of the new cotton bags with the "show-window" feature, recently devised by the United States Department of Agriculture, in co-operation with the North Carolina State College of Agriculture and Engineering.

The new bag is the result of the department's search for new uses for cotton. It is now being offered to the trade in small sizes suitable for packaging potatoes, onions and other farm products for sale to the retail customer. The bag is woven in one piece of cloth, but one side is of very open mesh so that the contents may be seen readily by the buyer. The other side of fine mesh permits the printing of the brand.

This "duplex" bag saves the retail grocer the time necessary to weigh each individual order. It also prevents the customers from picking over the product. This bag is more adapted to the ready package in many instances than is a paper bag, and when the bag is empty the housewife can rinse the sizing out of it and use it as a dust cloth.

The new bag was produced and put into use too late last season to be used as a container for a very large volume of farm produce. The attractiveness of the package, however, and the fact that bags made from this "duplex" material can compete with other bags in price are two of the features which promise to make it popular during the coming year in packaging farm products for the customer.

DAMAGE BY DOGS REACHES $40,427

Damages caused by uncontrolled dogs to Pennsylvania livestock and poultry amounted to $40,427.68 for the nine months ending October 1, according to the bureau of animal industry, Pennsylvania department of agriculture. The amount of damage is $5000 less than last year and $10,000 less than for the corresponding period in 1929, due primarily to the downward trend in prices. The number of damage claims is the same as a year ago and 21 less than two years ago.

The bureau reports increasing trouble this year from disowned dogs. Many owners who are not able to feed and keep a dog properly, are turning the animals loose or dropping them away from home. These hungry dogs prey upon livestock and poultry.

Cook chard in a minimum of water like spinach. Drain, shake over the fire for a moment to remove the extra moisture, and serve seasoned with salt and pepper and a few drops of olive oil.

FARM NOTES

—Bees that do not have sufficient food of good quality for winter should be fed sugar syrup before cold weather.

—The man who guides and controls the plow, whether it be the gang propelled by the tractor, the sulky or the walking plow, must have a clear understanding of what he wishes to do, and be able to set, adjust and control the plow so that the greatest good may be accomplished by turning the soil. This is what is meant by a good "plow hand," and the number is not as large as good farming would require.

—If the bees do not have 43 pounds of honey per colony for winter food and spring brood rearing, the supply needs supplementing with sugar syrup.

—Decide now what species of seedlings should be planted on that barren hillside next spring. Order them immediately so there will be no doubt about getting the desired kinds. Your county agricultural agent has application blanks. Order 100 seedling for each acre to be planted.

—Pullets should be moved to winter quarters as soon as many show signs of laying. The slower maturing and later hatched birds should be housed before cold, wet fall weather begins.

—While it is true that sheep can live better than other kinds of livestock without an adequate water supply, this does not mean that water is not essential. Plenty of salt and a good supply of water should be accessible at all times.

—The latest information on the science and practice of poultry husbandry will be presented in the eleventh annual Poultry Short Course at the Pennsylvania State College November 9 to 12. All who are interested are invited to attend.

—A careful study of the situation indicates that any material reduction in the cost of producing beef will necessitate a more extensive and efficient use of roughage, especially ensilage.

—Cabbage, beets, turnips, and other root vegetables can be stored before freezing to provide a supply for the family until next May. Select medium sized root vegetables, and well matured but not bursted heads of cabbage.

—About three-fourths of the apples grown in Pennsylvania are consumed by local markets. To meet this demand orderly marketing must be practiced. This means that fruit must be stored to provide a constant supply.

—Richard Prutman, of the Jackson 4-H calf club in Tioga county, has made an unusually high record with his 2-year-old Holstein in her first lactation period. This cow produced 17,847 pounds of milk and 6508 pounds of butterfat. Total receipts amounted to $350.66 and the feed cost was $148.27. The record was made under the supervision of the local dairy herd improvement association.

—Teamsters in future Keystone horse pulling contests have a new world's record to beat, says C. A. Burge, horse extension specialist of the Pennsylvania State College. In a contest at Hillsdale, Michigan, a team of high grade Belgians owned by Hole farm, Versailles, Ohio, made a tractive pull of 3800 pounds on the drawbar of a dyamometer. The team weighed 3695 pounds. Lloyd Lee, of Bradford, holds the Pennsylvania record, 3100 pounds, made in 1928, at the Smethport fair when his team won on a time advantage over that of R. A. Crimes, of Duke Center.

—A good many farm horses that have little or no work to do during the winter season must be wintered as cheaply as possible in order to hold down expenses. Many are turned out in the corn stalks or are expected to subsist on what they can pick from straw stacks. While these roughages have some value for wintering idle horses, the fact should not be overlooked that they are very deficient in protein and for that reason they should be supplemented with something that carries considerably more protein than is contained in these products.

—October is the month to clean up poultry yards, range and houses. Clean up in the sense of getting rid of market stock from the laying houses, and of the debris that gathers in a summer and early fall of growing chickens. Where does all the dirt come from? We could swear there wasn't a dead chicken about the place, but digging into out-of-the-way places, cutting down weeds, going through the range shows that there have been casualties. We were sure every nest of eggs had been found, if there were any hens or pullets laying out, but now we find that some remain.

—The Orange County (Va.) Dairy Herd Improvement association reports that all the herd sires in the association are now housed in safe-keeper bull pens. The bureau of dairy industry, United States Department of Agriculture, asks, "Are there other associations that can duplicate this record?" If there are, the bureau would like to hear from them. This report means that all the herd sires in this association are being kept under conditions which should insure long breeding life, as well as safety for the herd owner and his family.

—In planning for next season's crop of turkeys, a breeder should be on the lookout for healthy hens and vigorous toms. Remember that they should be in no way related. Buy or exchange, securing birds from another neighbor if possible. Much of the difficulty experienced in turkey raising today is due to the vicious practice in too many instances of mating related stock. The same advice applies to flocks of hens, as well as ducks and geese.

IT'S A STRANGE DUCK; IT DIDN'T TAKE TO WATER

Charles A. Hiller, in charge of game propagation for the State Game Commission, told an interesting story from the wild turkey farm in Juniata county. Sometime ago Hiller found a duck egg in a stream near the farm, and brought it to the game farmer who placed it in an incubator along with a group of wild turkey eggs.

When the litttle duckling hatched it would have nothing whatever to do with other ducks about the farm, but wandered around with the turkeys, even roosting in the trees with them.

At the outset the duck even was afraid of water and literally had to be forced to swim by the game farmer's children who repeatedly threw it into the water.

ATTORNEYS-AT-LAW

SPECIALISTS